

Amendments to the Claims: This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

A'
Claim 1 (currently amended):

A composition suitable for use as a food or beverage comprising:

- a) one or more flavanols;
- b) one or more bracers;
- c) vitamin B;

wherein the composition exhibits a Glycemic Index of about 55 or less, and wherein the composition further comprises from about 0.1% to about 10 % total fructose, by weight of the composition.

Claim 2 (original): A composition according to Claim 1 comprising green tea, wherein at least one of the bracers is caffeine.

Claim 3 (original): A composition according to Claim 2 which is a beverage composition exhibiting a Glycemic Index of about 45 or less.

Claim 4 (original): A composition according to Claim 3 wherein the beverage composition is a ready-to-drink beverage composition comprising at least about 50% total water, by weight of the composition.

Claim 5 (original): A composition according to Claim 4 comprising less than about 2% of total free sugars selected from the group consisting of glucose, sucrose, maltose, and mixtures thereof.

Claim 6 (original): A composition according to Claim 5 wherein at least one of the flavanols is a catechin.

Claim 7 (currently cancelled)

Claim 8 (currently amended): A composition according to Claim 76 comprising:

- a) from about 1 milligram to about 200 milligrams of the total flavanol per every 240 milliliters of the composition; and

- b) from about 1 milligram to about 200 milligrams of the total bracer per every 240 milliliters of the composition.

Claim 9 (original): A composition according to Claim 8 wherein the vitamin B comprises vitamin B₆.

Claim 10 (original): A composition according to Claim 9 further comprising at least one member selected from the group consisting of complex carbohydrates, soluble fibers, and mixtures thereof.

Claim 11 (original): A composition according to Claim 10 wherein the composition comprises from about 0.15 milligrams to about 1.5 milligrams of vitamin B₆, of the vitamin B₆ per every 240 milliliters of the composition.

Claim 12 (currently cancelled)

Claim 13 (currently amended): A composition according to Claim 12 comprising:

- a) from about 10 milligrams to about 150 milligrams of the total flavanol per every 240 milliliters of the composition;
- b) from about 10 milligrams to about 100 milligrams of the total bracer per every 240 milliliters of the composition; and
- c) from about 0.3 milligrams to about 0.9 milligram of the vitamin B₆ per every 240 milliliters of the composition

wherein the composition exhibits a Glycemic Index of about 35 or less.

Claim 14 (original) A composition according to Claim 13 wherein the member is selected from the group consisting of maltodextrins, soluble fibers, and mixtures thereof.

Claim 15 (original) A composition according to Claim 14 wherein the composition exhibits a Glycemic Index of less than about 45.

Claim 16 (currently amended) A composition according to Claim 76 comprising a member selected from the group consisting of apple juice, pear juice, agave, and mixtures thereof.

Claim 17 (original) A composition according to Claim 1 comprising agave.

Claim 18 (original) A kit comprising:

- a) a composition according to Claim 1; and
- b) information that use of the composition provides one or more benefits selected from the group consisting of perceived energy, physiological energy, low glycemic benefits, and combinations thereof.

A /
Claim 19 (currently cancelled)

Claim 20 (original) A method of enhancing the perceived energy of a mammal comprising orally administering a composition according to Claim 1 to the mammal.
